

Nutrition for Your Mission Eat Your Way to Good Health

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Nutrition to Fuel Engine

- Appropriate calories for healthy weight
- Food Composition – What should I eat?
 - Minimal Processed Foods
 - Low in Fat
 - High in Antioxidants
 - High in Fiber
 - variety of foods
 - Balanced meals



Healthy Grains

These are carbohydrates...

- Choose mainly foods high in fiber
 - Look for the word “whole” grain
 - ≥ 3g fiber/serving of a grain product
 - at least 20g of fiber per day
- Drink plenty of water!



Minimally Processed or Refined

- Ingredient list - keep it short
- Reduce or eliminate white flours
- Back to the basics - COOK



What's the skinny on Fats?

- Great source of energy
- Some items contain healthy fats
- Moderation and type of fat is most important



Good Fat, Bad Fat – What's What?

Saturated (Bad) Fat – solid

- Found in animal products
 - Whole milk
 - Ice cream
 - Meat
 - Cheese
 - Raises LDL (bad cholesterol)

Trans (Bad) Fat-hydrogenated

- Found in animal products (small amount) and processed foods
 - Crackers
 - cookies
- Worse than saturated
- Raises LDL-bad cholesterol
- Lowers HDL-good cholesterol



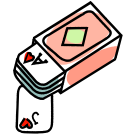
Healthy Fat – Omega 3 Fatty Acid

- Lower triglycerides
- Raise HDL – good Cholesterol
- Best Sources
 - Cold water fish (Rx twice per week)
 - Flaxseed
 - Walnuts
 - Canola & soybean oil



Protein and Dairy

- Eat or drink low fat dairy products
- Eat meatless meals
 - Or limit to 3 – 7 ounces of meat per day
- Choose lean cuts
- Limit fast and fried foods



Sugar – How Sweet it is...

- Taste good – with an added BONUS
 - EXTRA Fat
 - EXTRA Calories
- Check out the label, stay away from item if in top 5 ingredients (corn syrup, dextrose, sweetener)



Get Enough Antioxidants

- Protects and heals cells
- Eat more FOODS high in:
 - Vitamin E, C
 - Carotene
 - Selenium
 - Copper,
 - Zinc
 - Manganese
- Rich in COLORS



High Antioxidant Foods

- 5 – 7 servings fruits and vegetables
- Dark Chocolates
- Green Tea
- 4 -5 servings of Nuts or dry beans per week

DON'T OVER DO IT!!



Calorie Balance

- Calories consumed impacts weight
 - Too many = added weight
 - IF calories eaten = calories burned = NO WT LOSS
- Simple approach to lose weight
 - Woman start with 1200-1400 calories per day
 - Man start with 1500 – 1700 calories per day



Supplements Promise and Peril

- Affect how body functions
- Limited regulation
- Educate yourself
- Talk to doctor before taking



Medicine and Herbs



Ephedra = ma-huang
Kava



Echinacea
Garlic
Ginger
Ginkgo
Ginseng
St. John's Wort



5 Things You Should Know

1. Multivitamin may be appropriate
2. Look of USPV or NFS = lab tested for quality
3. **Caution taking supplements with $\geq 100\%$ DV.**
4. Take with food. Don't take calcium with iron.
5. Be cautious with claims "high potency," "natural"



Melting Those Pounds Away

- Gradual weight loss is best
 - One to two pounds per week
 - A loss of 5 to 10% of body weight reaps health benefits
- 3,500 calories = one pound of body fat
 - Burn 500 calories per day = one pound wt loss / week



Healthy Nutrition – Variety

	1200 Calories	1600 Calories	2000 Calories
Vegetables	≥ 4 servings	≥ 5 servings	≥ 5 servings
Fruits	≥ 3 servings	≥ 5 servings	≥ 5 servings
Grains (15 grams Carbs)	4	6	8
Protein/dairy	3	5	6
Fats	3	4	6



From Foundation for Medical Education, 2005

Top 10 Disease Fighting Foods

1. Whole Grains
2. Fish
3. Walnuts & Almonds
4. Legumes
5. Soy
6. Fat free dairy products
7. Berries
8. Broccoli and Cauliflower
9. Tomatoes
10. Green Tea



Exercise – The Magic Bullet

- Reduces Chronic Disease
- Helps to maintain/lose weight
 - More muscle mass
 - Higher metabolism
 - For every extra pound of muscle
 - You burn from 50-100 calories resting
- Increases Self esteem
 - Reduces stress, anxiety, depression



Questions